



Cook time: 20 mins

Serves: 4

Prep time: 15 mins

Sardine Fried Rice

Ingredients

- 1 can (155g) Healthier Choice Symbol (HCS) sardines in tomato sauce
- 1 tbsp canola oil
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 cup frozen vegetables
- 3 cups cooked rice
- Pepper to taste
- 4 eggs

Method

- Mash the sardines with a fork. Set aside.
- Heat oil in a non-stick pan, and sauté the onion and garlic for 1–2 minutes or until fragrant.
- Add the frozen vegetables and rice, and stir-fry until heated through.
- Add the mashed sardines and stir well. Add pepper to taste. Divide into 4 portions.
- Fry each egg separately, sunny side up.

Nutrition Information (Per Serving):

Energy: 323kcal

Protein: 14.9g

Total fat: 11.9g

Carbohydrates: 38.7g

Dietary fibre: 2.6g